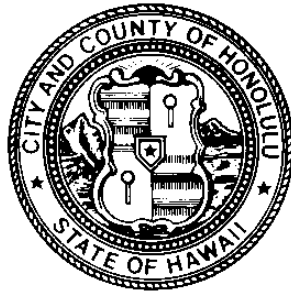


DRIVER TAILGATE LESSON PLAN

Safe Following Distance



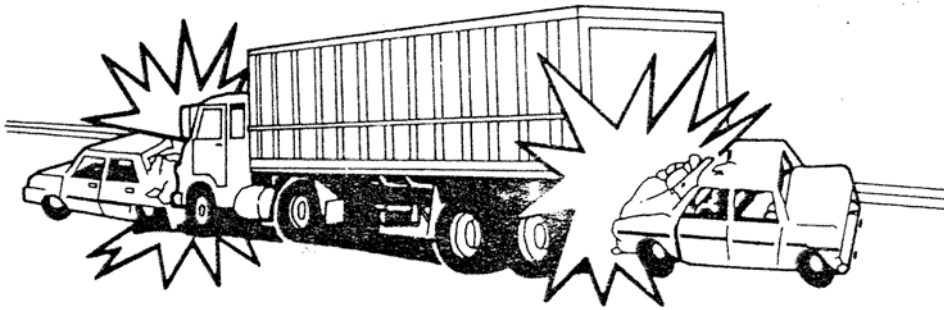
CITY AND COUNTY OF HONOLULU
DEPARTMENT OF HUMAN RESOURCES
Division of Industrial Safety and Workers' Compensation

SAFE FOLLOWING DISTANCE

REAR END COLLISIONS ARE ONE OF THE MAJOR CAUSES OF VEHICLE ACCIDENTS. YOU, AS A CITY AND COUNTY OF HONOLULU EMPLOYEE AND PROFESSIONAL DRIVER, CAN HELP REDUCE THE NUMBER OF REAR END COLLISIONS BY KEEPING A SAFE FOLLOWING DISTANCE.

DRIVE DEFENSIVELY! PREVENT REAR END COLLISIONS

DRIVE DEFENSIVELY! THIS IS GOOD ADVICE TO FOLLOW TO PREVENT ANY KIND OF AN ACCIDENT.



THE THREE MAJOR CAUSES OF REAR END COLLISIONS ARE:

1. **TAILGATING** - FOLLOWING TOO CLOSE.
2. **NOT BEING ALERT** - DAY DREAMING.
3. **POOR JUDGMENT** - NOT PLANNING AHEAD.

THE STOPPING DISTANCE FOR A HEAVY TRUCK IS MUCH LONGER THAN IT IS FOR A CAR TRAVELING AT THE SAME SPEED. YOUR SPEED AND THE STOPPING DISTANCE REQUIRED AT THAT SPEED COULD BE MAJOR REASONS FOR HAVING A REAR END COLLISION. **IT TAKES ABOUT TWICE THE DISTANCE TO STOP A HEAVY TRUCK AS IT DOES A CAR TRAVELING AT THE SAME RATE OF SPEED.** THE FOLLOWING PICTURE SHOWS HOW MUCH LONGER IT TAKES A TRUCK TO STOP THAN A CAR TRAVELING AT THE SAME RATE OF SPEED.

STOPPING DISTANCES

30 MPH



88 FEET

125 FEET

50 MPH



243 FEET

310 FEET

NOTE: SEE THE CHART ON PAGE 6, COMPARING STOPPING DISTANCES FOR DIFFERENT SIZED VEHICLES.

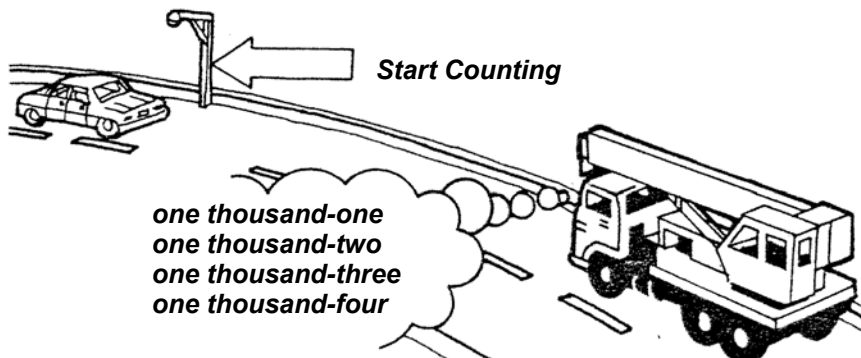
PREVENTING REAR END COLLISIONS

THERE ARE FOUR WAYS TO PREVENT REAR END COLLISIONS AND THEY ALL DEPEND ON YOU.

DON'T TAILGATE

KEEP A SAFE FOLLOWING DISTANCE WHILE DRIVING. USE AT LEAST A **TWO-SECOND FOLLOWING RULE FOR CARS** AND A **FOUR-SECOND FOLLOWING RULE FOR TRUCKS**. THIS MEANS THAT WHEN THE VEHICLE AHEAD OF YOU PASSES SOME MARKER, YOU START

COUNTING:



FOR HEAVY TRUCKS, IF YOU REACH THE MARKER **AFTER** COUNTING ONE THOUSAND-FOUR, YOU HAVE **A SAFE FOLLOWING DISTANCE**. IF YOU REACH THE MARKER **BEFORE** COUNTING ONE THOUSAND-FOUR, **YOU DO NOT HAVE A SAFE FOLLOWING DISTANCE. SLOW DOWN** AND INCREASE THE DISTANCE BETWEEN YOU AND THE VEHICLE IN FRONT OF YOU.

KEEP A SAFE STOPPING DISTANCE

YOUR STOPPING DISTANCE IS DIRECTLY RELATED TO THE TYPE OF VEHICLE YOU'RE DRIVING. THE MORE IT WEIGHS, THE LONGER THE DISTANCE YOU WILL NEED TO STOP. THIS MEANS THAT WHEN YOUR TRUCK IS **FULLY LOADED**, YOU NEED TO INCREASE YOUR FOLLOWING DISTANCE TO **FIVE OR SIX SECONDS**, OR EVEN MORE WHEN ROAD CONDITIONS ARE POOR.

STAY ALERT

WHEN YOU DRIVE FOR LONG PERIODS OF TIME, DAY AFTER DAY, STAYING ALERT IS DIFFICULT. YOU MUST MAKE THE EXTRA EFFORT TOWARDS THE END OF A DAY TO STAY ALERT. HERE ARE SOME HELPFUL HINTS:

1. SET UP A CONSTANT SCANNING PATTERN THAT FORCE YOU TO LOOK AT THE ROAD AHEAD, ON EITHER SIDE, AND IN BACK OF YOU. THEN TAKE A QUICK LOOK AT YOUR GAUGES, INCLUDING YOUR SPEEDOMETER.
2. YOUR REAR VIEW MIRRORS ON BOTH SIDES OF THE VEHICLE SHOULD BE USED IN THE SCANNING PATTERN. THIS WILL KEEP YOU AWARE OF THE VEHICLES BEHIND YOU AS WELL AS ANY ALONGSIDE OF YOU.
3. DON'T ANTICIPATE THE CHANGING OF TRAFFIC SIGNALS. WAIT UNTIL THEY CHANGE, CHECK THE INTERSECTION ONE MORE TIME, THEN START ACROSS THE INTERSECTION.
4. PLAN AHEAD FOR INTERSECTIONS AND TRAFFIC SIGNALS AND ALWAYS BE READY FOR SUDDEN STOPS OR MOVEMENTS BY OTHER DRIVERS.

USE GOOD JUDGMENT

THERE IS A SYSTEM YOU CAN USE TO IMPROVE YOUR JUDGMENT. THIS SYSTEM IS A FOUR-STEP PROCESS, CALLED **I.P.D.E.**

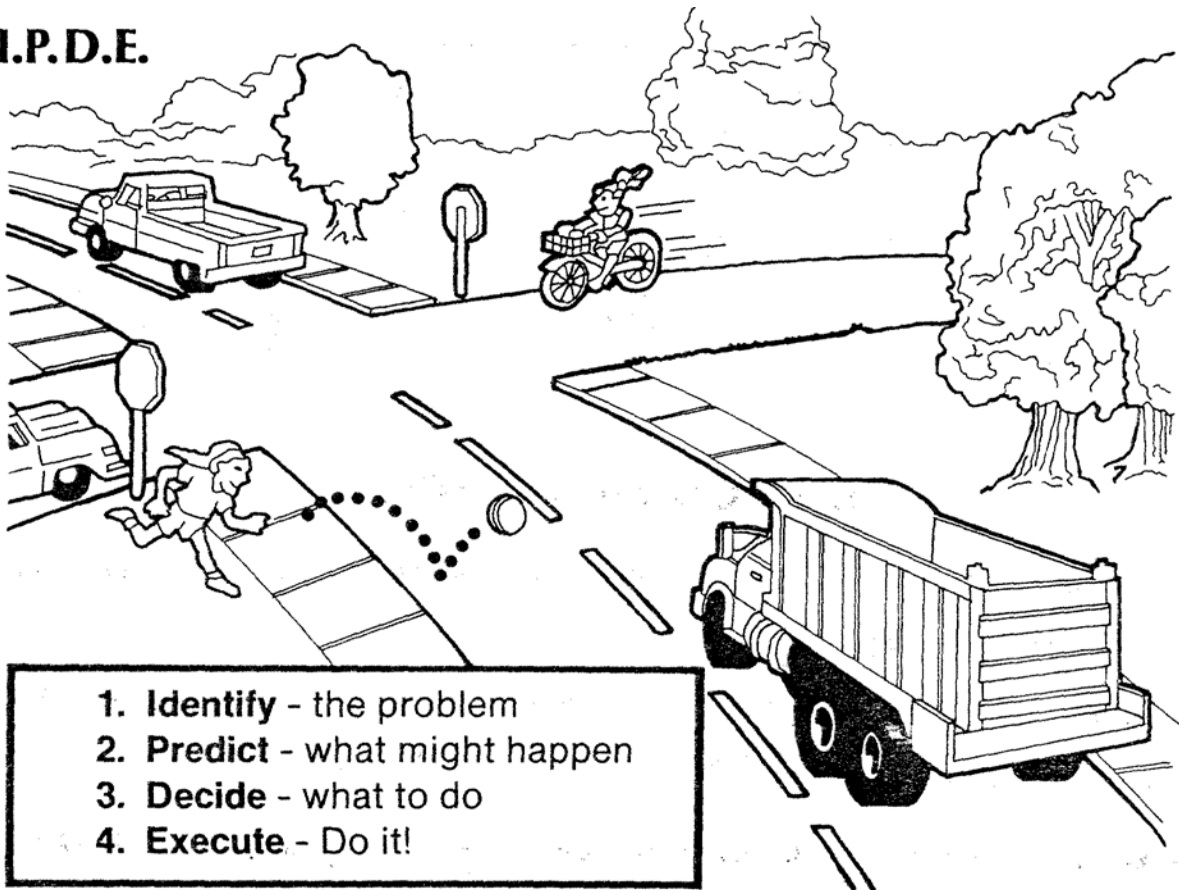
IDENTIFY - IN STEP 1, YOU IDENTIFY THE POSSIBLE HAZARDS YOU FACE. LET'S CONSIDER A CHILD PLAYING ON THE CURB.

PREDICT - IN STEP 2, YOU PREDICT WHAT MIGHT HAPPEN AS A RESULT OF THE HAZARDS YOU'VE IDENTIFIED. THE CHILD COULD CHASE THE BALL INTO THE STREET.

DECIDE - IN STEP 3, YOU DECIDE WHAT ACTIONS TO TAKE BASED ON THE POSSIBLE HAZARDS YOU FACE AND THE PREDICTIONS YOU'VE MADE ABOUT THE HAZARDS. YOU SEE THE CHILD ON THE CURB AND DECIDE THAT YOU NEED TO SLOW DOWN JUST IN CASE HE RUNS INTO YOUR PATH.

EXECUTE - IN STEP 4, YOU ACTUALLY **DO** WHAT YOU HAVE DECIDED WHEN THE SAME CONDITIONS CONTINUE. YOU SLOW DOWN UNTIL YOU PASS THE CHILD PLAYING ON THE CURB.

I.P.D.E.



SUMMARY

GOOD JUDGMENT IS JUST PART OF DEFENSIVE DRIVING. DEFENSIVE DRIVING ALSO REQUIRES YOU CONSIDER THE LOAD YOU ARE CARRYING AND THE RATE OF SPEED YOU ARE TRAVELING. YOU MUST ADJUST YOUR SPEED ACCORDING TO THE WEIGHT OF THE LOAD AND THE ROAD CONDITIONS. REMEMBER, THE HEAVIER THE LOAD AND THE GREATER THE RATE OF SPEED, THE MORE DISTANCE YOU WILL NEED TO STOP. DON'T FOLLOW TOO CLOSELY – **AN ALERT PROFESSIONAL DRIVER DOES NOT HAVE REAR END COLLISIONS. DO YOU?**

STOPPING DISTANCES

SPEED		CARS		LIGHT TRUCKS		HEAVY TRUCKS		3-AXLE TRUCKS	
MPH	Reaction Distance	Braking Distance	Stopping Distance	Braking Distance	Stopping Distance	Braking Distance	Stopping Distance	Braking Distance	Stopping Distance
15	17	14	31	17	34	22	39	29	46
20	22	25	47	30	52	40	62	50	72
25	28	39	67	46	74	64	92	80	108
30	33	55	88	67	100	92	125	115	148
35	39	78	117	92	131	125	164	160	199
40	44	105	149	125	169	165	209	205	249
45	50	136	186	165	215	210	260	260	310
50	55	188	243	22	280	255	310	320	375
55	61	230	291	275	336	310	371	390	451

NOTE: All distances in feet.

**THIS TABLE DEVELOPED FOR EDUCATION PURPOSES ONLY.
MOTOR FLEET SAFETY MANUAL, NSC**